

# Honey Balsamic Brussels Sprouts

## Ingredients

- 1 1/2 lbs brussels sprouts
- 3 tbsp olive oil, separated
- 3/4 tsp salt
- 1/2 tsp ground black pepper
- 2 tbsp balsamic vinegar
- 2 tsp honey

**Nutrition Tip:** These brussel sprouts are nutritious, delicious and easy to prepare!



## Directions

1. Preheat oven to 425°F.
2. Trim off the outer, dry leaves of the brussel sprouts, cut the bottom off and slice lengthwise.
3. In a large bowl, toss brussels sprouts with 2 tablespoons of olive oil, salt and freshly cracked black pepper.
4. Transfer the brussels sprouts to a baking sheet lined with tin foil (easier to clean!) and roast until tender and caramelized, about 20 minutes.
5. Place brussels sprouts back in bowl. Add remaining 1 Tb. olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with salt if necessary and serve.

Recipe adapted from keviniscooking.com

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